

Pure Food For the Home

Different Cuts of Meat Have Place; Preparation Given

The higher and lower priced cuts of meat may each have their place but where it is desired to reduce as much as possible the money spent for meats the cheaper and less desired cuts must of necessity be considered.

When meats must be prepared quickly it is doubly economy to use the steak and chops which because of popularity and scarcity are priced higher.

In the ordinary home where costs must be considered the larger cuts which take longer to cook should be used several times out of the week at least. The pressure cooker is a time saver in the matter of cooking these meats.

All meats, except when used for soup, should be "seared" (brown quickly) to keep in the juices. Do not salt meat until after it is seared. Some dark pepper heavily over the steak, chops or roast just before searing. This keeps in the juices and gives a delicate flavor. While steak broiled over a coal fire has an unequalled flavor the gas broiler is not to be despised, nor is a heavy fryer pan when used according to broiling rules.

The best cut of meat may be spoiled by poor cooking and the cheapest cut may be made delectable by right methods of cooking.

Roasting

Allow 15 minutes for each pound of beef, twenty minutes for each pound of mutton, lamb, or poultry; thirty minutes for each pound of veal or pork.

Tender meats should be cooked in their own juices and basted occasionally. After searing the tougher cuts, such as chuck roasts or shoulder of lamb, add a little water for basting. The very tough cuts should be covered after the water is added, and allowed to braise.

When using a coal fire have a hot over. Cook the meat on the rack for 15 minutes to sear, then remove the floor of the oven, baste every 15 minutes. The meat may be seared on the top of the stove.

When using a gas stove light both burners 10 minutes before needed. As soon as the meats begin to brown lower the temperature to 350 degrees. Baste every 15 minutes.

Gravy For Roasts

The fat in the pan may be used for gravy. Pour off any extra fat leaving about one-fourth cupful in the pan. Add one-half cupful of flour, brown, and stir until smooth; add two cupfuls of cold stock until it boils. Boil three minutes.

Broiling Steaks and Chops

When using a coal stove have a hot, clear fire with dampers open for broiling. Cook the meat seven to ten minutes, depending upon the thickness. Turn often and when cooked season with salt and pepper.

When using a gas stove light the broiling oven ten minutes before needed. Cook the meat eight to fifteen minutes before needed. Cook the meat eight to fifteen minutes, depending upon the thickness, with the door open. Turn the meat often, and when cooked season with salt and pepper.

When pan-broiling have ready a hot pan; sear the meat until light brown, using no fat. Lower the fire and cook eight to fifteen minutes depending upon the thickness. Turn the meat often. Season and serve with or without melted butter sauce.

Braised Ham

Soak several hours or overnight in cold water. Cover with fresh cold water, heat to a boiling point, and cook slowly until tender, four to five hours. Remove the kettle from the range and set aside that the ham may partially cool; then take from the water, remove the outside skin, sprinkle with brown sugar and fine crack-crumbs, and stick with cloves one-half inch apart. Bake one hour in a moderate oven.

The tougher cuts of meats have more flavor than the tender cuts, and should be cooked in water to soften the fiber. To preserve the flavor, as in stews and pot roasts, sear the meat by browning in a hot frying pan or by covering with boiling water. Boil five to ten minutes, add salt, and simmer until tender. To draw out the flavor, as for soup, cook the meat in cold water one hour, heat slowly to the boiling point, and simmer for several hours.

When meat has been cooked in water the gravy should be prepared by adding thickening to the liquid left in the pan. To two cupfuls of liquid add one-fourth cupful of flour which has been mixed with enough cold water to pour easily. Let come to a boil. Boil three minutes and serve.

Soup-stock

6 pounds, soup-bone and left-over meat and bone.
4 quarts cold water.
1-2 teaspoonful pepper.
6 cloves.
1 tablespoonful salt.
3 sprigs thyme.
1 cupful carrots.
1 cupful turnips.
1 cupful celery.
1 chopped onion.
Wipe the bone and cut the lean meat in inch cubes. Put in soup kettle, add water and let stand for 30 minutes. Heat gradually to boiling point, and simmer for four or five hours. Add the vegetables and seasonings, cook one and one-half hour, strain and cool as quickly as possible. When cold remove the fat from the top and reheat, with or without the cooked vegetables.

Pot-roe

Wipe the meat, dredge with flour, salt and pepper. Sear in hot fat. Add enough boiling water to cover, boil five minutes, and simmer until the meat is tender, keeping closely covered. Vegetables may be added during the last hour of cooking. Bay-leaf, thyme, or other herbs may be added if desired. Before serving thicken according to method for gravy.

Mock-duck

2 pounds thin round steak.
4 cupfuls bread stuffing.
Water or milk.
Spread the meat with the stuffing. Roll and tie or skewer together. Dredge with flour, salt

and pepper, sear in fat until golden brown. Place in a baking dish, and add water or milk to half cover. Cook until tender in a moderate oven, about half an hour. Thicken the liquid according to the method for gravy. A flank steak may be used instead of round. In that case a pocket should be made for the stuffing and the pan covered while cooking, which takes at least an hour.

Veal Birds
Choose thin slices of veal steaks cut four by two inches. Spread with bread stuffing, and roll. Fasten with tooth picks, and follow directions for mock duck.

Bread Stuffing
4 cupfuls soft bread crumbs.
Salt, pepper.
1 chopped onion.
Sage or other herb.
1-4 cupful melted fat.
Water.

Casserole of Meat

Prepare and sear the meat as for a pot-roast or stew. Place in the casserole, fill one-third full of boiling water, cover, cook in a slow oven until tender. Vegetables may be added during the last hour.

Swiss Steak in Casserole
1 1-2 pound round steak
Flour.
1 onion.
1 small carrot.
Fat.
Salt.
Paprika.
1 cupful boiling water.

Pound into the steak as much flour as it will hold. Sear in hot fat. Add the onion and carrot. Place in the casserole with the salt, paprika, and the boiling water, and simmer until tender.

Johnnie was much disappointed that the new baby was a girl. "Why don't you exchange her for a boy?" a friend of the family asked him.

"It's too late," he replied, "We've used her four days."

AUBURN

Mr. and Mrs. Claud Armstrong and children left Friday for Walla Walla to visit relatives. They expect to be gone three weeks.

Miss Mabel Barnes of Portland was a recent visitor at the Mabel Williams home.

Mr. and Mrs. R. M. Hedden and sons Robert and James of Bellingham, Wash., Miss Vesta Hedden of Raymond, Wash., Margaret Hedden of Draine, and Mr. and Mrs. J. J. Hedden and Victor Beaumont of Salem were dinner guests Wednesday at the W. H. Sneed home.

Rev. C. C. Poling, who has recently taken charge of the Evangelical church of Salem, will also be the pastor of Auburn, and will conduct services Sunday at the regular church hour.

Friday evening at 7:30 there will be a meeting at the school house to further the organization of a Parent-Teacher association.

The evening will be spent with a community sing, a short literary program and an address by the president of Marion County Parent-Teacher association, Mrs. A. M. Chapman. Refreshments will be served. A cordial invitation is extended to all.

Mr. and Mrs. William Hardy and little daughter, William, of Salem were Christmas guests at the home of Mabel Williams.

Miss Esther Sneed returned to Lanesville hall Wednesday.

KIDNEY TROUBLE CAUSES LAMENESS

"A lameness followed me for some time, and I felt that it was caused from kidney trouble. One bottle of Foley Kidney Pills had the desired effect," writes H. B. Arbuckle, South Barre, Vermont. Backache, rheumatism, dull headache, too frequent or burning urination are symptoms of Kidney and Bladder trouble. Disordered kidneys require prompt treatment. Neglect causes serious complications. Foley Kidney Pills give quick relief. Sold everywhere.—Adv.

Holiday Business Best in Years, Says Scott

"We have had the best holiday business of all seasons since the war," is the statement of John M. Scott, general passenger agent for the Southern Pacific system, who visited in Salem Thursday afternoon.

"Every electric car, every passenger car on the system was in use, and crowded. It has certainly been a gratifying finish to the old year and start into the new. If it is symbolic of the business prosperity to the whole country we serve, it is certainly a most welcome New Year."

Mr. Scott says that an early decision is hoped for in the Central Pacific merger suit now before the interstate commerce commission. The matter is to go up to the attorney's arguments on January 21.

Following the pledge of the Southern Pacific directors, Mr. Scott says that if the decision is to leave unmolested the 50-year business arrangements of the Southern and the Central Pacific, the Southern will at once build the Natron cut-off, which will give Oregon a direct southeasterly outlet to the eastern market, giving reasonable rail competition. This would shorten the present, eastern route for freight and passengers from southern Oregon by some hundreds of miles, and should result in enormous good to the whole western and southern part of the state.

The Southern Pacific has invested heavily in new equipment for 1923 delivery. Some of the rolling stock is already being delivered. Some wonderful new engines for the heaviest service over the Siskiyou mountains are part of this order. These engines are already being delivered for service out of Ashland.

Lumber Production is 50 Per-cent Under Par

One hundred and twenty-nine mills reporting to West Coast Lumbermen's association for the week ending December 30, manufactured 42,510,987 feet of lumber; sold 74,379,041 feet; and shipped 72,755,563 feet.

Production for reporting mills was 50 per cent below normal. New business was 75 per cent above production, and shipments were 2 per cent below new business.

Thirty-seven per cent of all new business taken during the week was for future water delivery. This amounted to 27,489,041 feet, of which 23,011,041 feet was for domestic cargo delivery and 4,478,000 feet for overseas shipment. New business for delivery by rail amounted to 1,563 cars.

Thirty-nine per cent of the week's lumber shipments moved by water. This amounted to 28,025,563 feet, of which 23,629,236 feet moved coastwise and intercoastal, and 4,396,327 feet export. Rail shipments amounted to 1491 cars.

Unfilled domestic cargo orders total 129,708,517 feet. Unfilled export orders 65,461,777 feet. Unfilled rail trade orders, 8452 cars. In 52 weeks production has been 4,387,742,637 feet; new business 4,197,604,944 feet; shipments 4,098,873,87 feet.

New Wheat Product is Being Manufactured Here

"Whe-ta-lon," a whole wheat food product that has been sold in the Oregon markets for the last several years, is one of the newest industries in Salem. It is being marketed from the central office at 1890 State street, by A. Cassellus, manager, and W. E. Milmer, sales chief. The men established the factory at Baker, but last summer Mr. Wilmer came to Salem to investigate manufacturing and marketing conditions, and was so well pleased after a round with the Chamber of Commerce that they arranged to move here.

The product is a whole wheat preparation, made of the best Oregon wheat, and ground in a specially designed mill that gives it a granular consistency that makes it a delightful food, as well as a "medicine." It has met with a very favorable reception among the dealers, and among the consumers wherever it has been introduced. The manufacturers are marketing it only in two-pound cartons, and they plan an aggressive campaign to make the new Salem product a household name all over Oregon.

OREGON LABEL IS AGAIN DEMANDED

Legislation to be Introduced
for Benefit of Fruit
Grown Here

The Oregon legislature that meets next week to null over laws that are good for the state, will have at least one measure presented that has been talked of practically half a century—to require that fruit products canned or prepared in Oregon shall bear the state name in some way that won't wash off.

At the regular weekly luncheon of the Marion county realtors, Thursday noon, H. S. Gile addressed the members on the importance of starting a genuine help-yourself campaign or advertising for Oregon products. He proposed some form of law that would require the Oregon label on every can or package of fruit stuff prepared in the state for foreign shipment.

"Packed in Oregon," he held, would harm no wholesaler, jobber, distributor, wherever the fruit might be distributed from, whether from a general office in San Francisco or anywhere else. He held that it was the duty of the people of Oregon to get the credit to which they are entitled in all their fruit production. He showed by freight figures that Oregon is now as well situated for supplying New York or any other Atlantic coast seaport, as any town only 150 miles distant from the same coast by railroad. A rate of 30 cents for canned goods, and 35 cents for evaporated goods, from Portland to New York, and a truck rate of from 15 to 17 cents from the Willamette valley to the Portland port, makes a total freight cost of only about 50 cents per 100 pounds for these goods from Oregon, or about what the New Englander about what the New Englander only 100 miles away, and New York city smoke, would pay to have his stuff hauled in.

This, Mr. Gile showed, made it imperative that Oregon begin to stand up in its own name and demand its rights. If it should be that Oregon would suffer for a time in the face of the great California publicity campaign, he thought the fight should be made now to force the name "Oregon" into every market that buys the quality fruit from the Webfoot state.

An interesting round-table discussion followed, in which most of the members took part. L. H. Roberts told of going into the Iowa markets, and buying Oregon loganberries, some of them he knew to be packed in Salem, but labeled as being packed from Keokuk, Cairo, Milwaukee, Des Moines and many other distributing points, and not one mentioning Oregon. He urged that a state label be required for all Oregon-grown and packed products. D. D. Socolofsky told of seeing carloads of canned stuff going out from Salem, branded as if originating in Portland.

A legislative committee from the realtors will investigate this label question and see what can be done to arouse public interest in spreading the gospel of "Grown in Oregon" wherever canned or evaporated fruit or vegetables are sold.

S. A. Pease so Busy That He is Arrested

Because pressing business obligations had dimmed his memory of Oregon motor vehicle laws, S. A. Pease was forced to spend a portion of his busy business day in the justice court Thursday, explaining to Judge G. E. Unruh and Officer Floyd Browne why he had elected to parade his car on Salem streets with a 1922 plate on the rear. According to the story told by Mr. Pease, he was in the garage of the Marion Automobile company changing his old license plates for new when suddenly important business matters popped into his mind. Forthwith he abandoned his labors, just half done, leaped into his car and set out upon the public thoroughfare.

All would have been well had not the vigilant eye of Officer Browne been on the job. As a result Mr. Pease was forced to make an involuntary call on the justice of the peace that matters might be clarified.

Although the law allows cars to carry 1922 licenses a reason-

DIRECTOR OF CHAPEL



Miss Louise Shackleton, president of the junior class at Lake Erie College, Painesville, Ohio, has returned to college after having spent several months as a missionary with Dr. Wilfred T. Grenfell among the natives of Labrador, in order to take an active part in the million dollar drive which her college is conducting for increased endowment and buildings.

able length of time, usually 10 to 20 days after the beginning of the new year. Judge Unruh held that two plates, of varied years, were strictly barred. He further declared that until the Pease car had been fully introduced to the new year it was not to be taken from the Marion garage.

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